



HIGHLIGHTS SENIORS UNITED – JANUARY 2015

Our meeting will be held on **Wednesday, January 14, 2015** at **12:00 noon** at the **Clark County Library** located at **1401 E Flamingo Road**.

Our luncheon sponsor is Assemblyman Richard Carrillo and our guest speaker will be Dr. Joseph Iser, the Chief Medical Officer with the Southern Nevada Health District. The February meeting will be held **Wednesday, February 11, 2015** at **12:00 noon**. Our lunch sponsor for February will be Justice of the Peace Judge Diana Sullivan.

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**Call Doris Balducci for more
information about dues at
732-4366 or email at
dmbalducci@yahoo.com.
Thank you.**

**Dr Iser will be speaking on important
information seniors will want to know
about protecting themselves as they
age. He will give an update on health
issues hitting locally and nationally.
Hope you can join him.**

SENIORS UNITED CREED**ESTABLISHED BY JULIAN AND LILIAN WALLACE**

*Seniors United was created as an inspirational medium for seniors. It's
purpose is to educate, promote and protect the rights of seniors.*

*The needs of seniors differ from younger citizens. It is important to
have an organization devoted to our place in the community and to
promote it's continued growth.*

*The members of Seniors United want to share experiences with
others. Nonpartisan and nonsectarian, we are very actively involved
in the political structure of our state and country. Forums are varied
to benefit the needs of the community and to discuss political issues.
Guest speakers come from all areas.*

*It is with pride that we are seniors and are doubly proud to be
members of Seniors United. The pride continues in our many
accomplishments and in the good name we have established in the
community. Our goal is to develop plans for a great tomorrow and to
make it happen.*

Everyone is welcome, young to old and from every walk of life.

SENIORS UNITED MEANS SENIOR POWER

A monthly publication of Seniors United. A nonprofit organization serving thousands of senior citizens.

4 Ways to Make Your New Year's Resolutions Stick in 2015

As the new year approaches, many people begin scrambling to list all the things they are going to do to make 2015 their best year ever. Despite the high hopes and good intentions, however, most people fail to turn their New Year's resolutions into reality. The statistics on the chances you'll maintain change are fairly dismal. Most studies show resolutions begin to drop off after a week and only about 40% of those who made resolutions actually stick to their goals. No matter what your goals are, here are the keys to making those New Year's resolutions stick:

1. Identify your readiness to change—research your options and create a plan that you can follow through.
2. Believe you can do it—Affirm your strengths and reduce your negative thinking.
3. Think constructively about setbacks—almost every behavioral change involves at least one or two setbacks. Nobody fails if you don't try and setbacks are only temporary.
4. Build mental strength—many focus resolutions on tangible change but it is impossible to reach those goals without mental strength. Don't shy away from change.

Stay Tuned.....

February 22, 2015

The Oscars

The awards circuit is predicting these 9 films being nominated for Best Picture.

What is your choice?

1. Boyhood
2. Birdman
3. Selma
4. The Imitation Game
5. The Theory of Everything
6. The Grand Budapest Hotel
7. Unbroken
8. Into the Woods
9. Foxcatcher

While walking is good for us, it can be risky. Across America a pedestrian dies in a traffic crash every two hours. Older people bear a higher risk as they navigate city streets on foot. Statistics show that those 65 years and older make up 13% of the population but account for 21% of these pedestrian accidents. In Clark County, through October 30, the pedestrian fatalities totaled thirty-one. While we are not in the top ten most dangerous cities for pedestrians, we have to keep safe walking in mind. Use this tips: cross in designated crosswalks, at intersections be cautious of drivers failing to yield the right-of-way, increase your visibility, and use the sidewalks when available. Stay safe while walking!

January 19, 2015

Honoring Dr. Martin Luther King Jr.

"Our lives begin to end the day we become silent about the things that matter."

Dr. King



Seniors United
1155 East Twain Suite #108-177
Las Vegas, NV 89169

Seniors United – APPLICATION FOR MEMBERSHIP

Date: _____ Phone: _____
email address: _____
Name: _____
Address: _____
City: _____ State: _____ Zip: _____

- _____ \$10.00 per year per person (expiration date is one year from application date)
- _____ \$15.00 per year per couple
- _____ \$150.00 per year Corporate/Silver Members

Please make checks payable to: Seniors United
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